

### STICKY TOFFEE PUDDING

Icky-sticky scrumptious puddings are a staple of British menus. This one is rich and caramelly. Flame with brandy before serving for a festive touch. Use the delicious Medjool dates for the best result.

*¾ cup boiling water*  
*1 cup pitted dates, chopped*  
*1 teaspoon baking soda*  
*1¾ cups all-purpose flour*  
*1 teaspoon baking powder*  
*½ teaspoon salt*  
*½ cup butter*  
*¾ cup brown sugar*  
*2 eggs beaten*  
*½ cup grated apple*

Pour water over dates. Let soak until dates soften, about 30 minutes. Stir in baking soda.

Preheat oven to 350 F. Meanwhile sift together flour, baking powder and salt and reserve.

Cream together butter and sugar with an electric mixer until light and fluffy. Slowly beat in eggs. Fold in one third of flour, half of date mixture, another one third of flour, remainder of date mixture, then remainder of flour. Stir in apple.

Butter an 8 x 8 square cake pan and line base with parchment or wax paper. Spray with non-stick spray or butter well. Alternatively, use 8 metal moulds. Spoon batter into cake pan. Bake until centre of pudding feels firm to the touch, about 30 to 35 minutes or until skewer comes out clean. Individual moulds take 25 minutes.

Cool for 5 minutes, then unmould onto serving dish. Serve warm with sticky toffee sauce. Serves 8.

### STICKY TOFFEE SAUCE

*½ cup butter*  
*1 cup brown sugar*  
*1 tablespoon corn syrup*  
*½ cup whipping cream*

Stir together all ingredients over medium heat until combined. Bring to boil and boil until mixture thickens, about 5 minutes.